

# DV Treatment Policies

Welcome to your DV group at the National Institute for Change!

This group is designed to help you learn new ways of handling stress, new ways of thinking about difficult relationship situations, and new ways of problem solving. When you successfully complete this program you should have lots of new tools to help you handle things differently in all of your relationships. You will have the skills to effectively address conflicts with others and prevent escalated incidents from happening in the future.

## ZOOM SESSIONS / TELETHERAPY

When groups are conducted remotely on the video Zoom app, you must be in a private and quiet space where you can be seated for the 90 minute group before you log on using a computer, tablet, or smart phone. This is not only to protect your privacy, but the confidentiality of other members of the group. If you are in a location where it is not private or if you are driving a car, you will be removed from the online session. During the teletherapy group you will be expected to have your face in view and to stay focused on the camera during the entire session. If you are texting or on your phone, watching TV or other websites, doing other work, talking to others, or constantly looking up or off to the side, you will be removed from the group. If you are removed, you will be marked as unexcused and charged a missed session fee.

## PAYMENTS

Payments are made online by going to [www.nichange.com](http://www.nichange.com), and selecting the “Click To Pay Now” button. Then scroll down to Domestic Violence Group (weekly) and enter the number of sessions you want to pay for (Quantity). The price for individuals attending one group per week is \$45/group, the price for individuals attending two or more groups per week is \$40/group.

## TREATMENT LEVELS & ADDITIONAL TREATMENT/SECOND CONTACTS

In addition to regularly attending your weekly DV groups, each client is required to attend one or more additional counseling sessions on a regular basis. The number and types of these “second contacts” is determined by your particular treatment level and evaluation/intake results. Failure to consistently attend your “second contact” may result in discharge from DV treatment and from NIC. If you would like to understand the different levels of treatment in more depth, feel free to visit the Colorado’s DVOMB Website for more information on the state standards.

**Level A Client:** Those who are Level A are NOT required to attend an additional contact, only their weekly DV group. **Treatment Plan Reviews:** Required to attend/complete a minimum of 2 Treatment Plan Reviews.

**Level B Client:** Those who are Level B will need to attend one additional counseling group or Individual session every month. You may either schedule monthly individual counseling with a therapist at NIC or elsewhere, or you may attend one of the several “Level B groups” offered at NIC. A calendar with dates and times for these groups are available online at [www.nichange.com](http://www.nichange.com), and I will automatically be

notified when you attend. Treatment Plan Reviews: Required to attend/complete a minimum of 3 Treatment Plan Reviews.

Level C Client: Those who are Level C will need to attend one additional counseling group or session every week. This may include treatment like substance abuse, anger management, dialectical behavior therapy, parenting, or individual counseling. If you attend a second contact with a therapist or agency other than NIC, you will need to provide documentation at the beginning of each month showing your attendance the previous month. A release of information for the outside therapist or agency will also need to be on file at NIC. Treatment Plan Reviews: Required to attend/complete a minimum of 3 Treatment Plan Reviews.

## INDIVIDUAL SESSION FOR TREATMENT PLAN REVIEWS

Level A Client: You are required to participate in **a minimum of 2 Treatment Plan Reviews** as a Level A client. Those will occur every 8-12 weeks based on clinical progress, determined by your domestic violence therapist.

Level B or C Client: You are required to participate in **a minimum of 3 Treatment Plan Reviews** as a Level B or Level C client. Those will occur every 8-12 weeks based on clinical progress, determined by your domestic violence therapist. You will receive documentation that you will need to complete and discuss in these sessions. These reviews are 50 minute Individual Sessions and are utilized to review your progress in treatment and integration of the core competencies. The session will address what you have learned so far, updating treatment goals, and addressing any areas that may be impacting progress. The fee for individual counseling is \$100. Scheduling Reviews: Once you have completed the final treatment plan review document, email [change@nichange.com](mailto:change@nichange.com) to schedule your individual appointment.

## COMPLETION OF TREATMENT

There is **no specific number of sessions** required to complete DV treatment in Colorado, it is determined by your progress demonstrated in treatment and the Treatment Plan Reviews. Instead, a client successfully finishes treatment when he or she demonstrates an ability to use “core competency” skills in their life and relationships [these skills are listed on the next page]. It is your responsibility to participate during sessions about how you are practicing these skills outside of the group. This is how you can demonstrate progress in treatment. Clients who are actively showing that they are making progress on these skills and consistently attending treatment will typically finish treatment in 8-9 months.

## D.V. CORE COMPETENCIES / SKILLS

During treatment, I will work on:

Accountability and Personal Empowerment Skills

- ✓ Accepting full responsibility for my abusive actions in the DV incident, without blaming the victim or minimizing my own behaviors.
- ✓ Accepting that my behavior has, and should have, consequences.

- ✓ Understanding the types of domestic violence and all the ways of harming an intimate partner (physical, spiritual, sexual, psychological, verbal, social, using children, financial, emotional, threats, and isolation).
- ✓ Acknowledging to myself my past hurtful behaviors in my relationship(s), and being able to openly discuss these during treatment.
- ✓ Accepting I do not have control over any other person, but that I do have control over myself.
- ✓ Understanding how I learned to engage in abusive and controlling behaviors in relationships, and how my actions contribute to an inter-generational cycle of violence.
- ✓ Recognizing how distorted views of myself, others, and relationships contributed to my abusive behavior, and challenging these cognitive distortions.
- ✓ Committing to eliminate all types of abusive and controlling behaviors with everyone in my life.

#### Conflict Resolution and Relationship Skills

- ✓ Understanding the entire “time-out” process, and demonstrating that I can use it correctly during arguments and in escalated situations.
- ✓ Practicing anger cool-down and mindfulness skills regularly so I can manage my own behaviors, thoughts, and emotions.
- ✓ Developing my ability to empathize with others, and seeking to understand how others experience my words and actions, including the victim in the DV incident.
- ✓ Demonstrating that I know how to use active listening skills.
- ✓ Expressing my emotions in appropriate, non-abusive ways, and practicing assertive communication skills with others (using I-Statements and being able to say “no.”).
- ✓ Understanding and respecting sexual boundaries, and being able to openly discuss disease prevention, child-planning, and other sex-related issues in a relationship.
- ✓ Working to adopt behaviors, attitudes, and beliefs that express equality and respect in all my personal relationships.
- ✓ Connecting with positive support groups and individuals who can be honest with me and will encourage me to continue practicing skills learned in treatment.

#### Treatment Compliance

- ✓ Attending all scheduled treatment sessions, participating in group discussions, and actively working to practice skills taught in therapy.
- ✓ Maintaining sobriety and complying with all required UA tests.

✓ Maintaining consistent employment, and paying treatment fees, court and probation fees, and victim restitution.